

Racial Dialogue

By Adam Smith

Packing a Faneuil Hall meeting room, non-profit groups, city leaders and others recently announced the start of a city-wide "dialogue" on racial diversity in Boston.

Hoping to increase racial and ethnic understanding throughout

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Jeff Stone of the Urban League of Eastern Mass./Photo by Adam Smith

Asian Community Reacts to Ruling on Gay Marriage

By Adam Smith, Anita Chang, Peijin Chen, and Liang Qu

How will the recent Supreme Judicial Court ruling on gay marriage affect Boston's Asian American population? Probably not that much differently from the rest of the state's population.

Still, Sampan wanted to find out what the area's Asian American population thought

about the 4-3 decision that gay couples have the right to marry under the Massachusetts state constitution.

So we asked. "I have many friends who are in gay relationships and I am supportive if they want to make a legal commitment through the institution of marriage. That's fine by me," said David Moy, who is the executive director of the Boston

Chinatown Neighborhood Center. Moy, like the rest of the respondents in this story, gave his personal view and not the view of the agency he works for.

"I support any union that is positive where people are happy and it's a meaningful relationship. I don't understand the problem [with gay marriage]," said Jane Leung, director of Boston Asian

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BioSafety or Biohazard?

Ebola and Other Killer Pathogens Are Coming to the South End for Medical Study. But Should They Be Researched in the City?

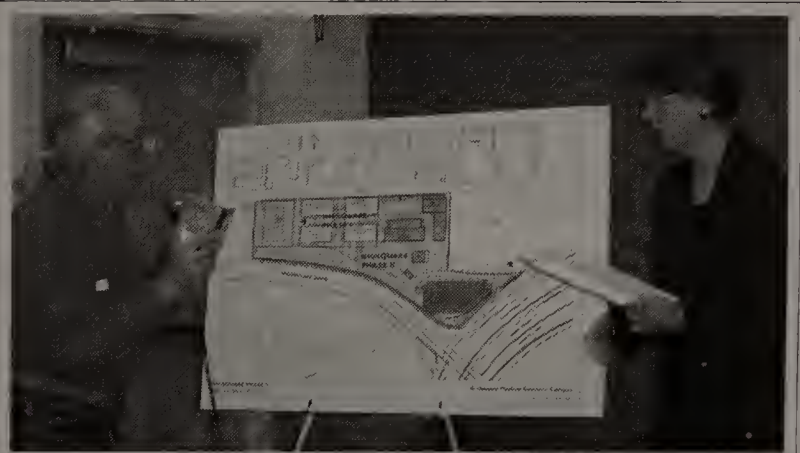
By Adam Smith

Ebola is coming to Boston. And so are many other deadly and incurable pathogens. Their home: Boston University Medical Center's National Biocontainment Laboratory proposed for the South End. The bioterrorism laboratory is one of a few high-level labs--called BioSafety Level 4 (or BSL 4) laboratories--in which particularly hazardous pathogens, such as Ebola and other deadly viruses, are studied. The Ebola virus, which causes internal and external bleeding, is one of the most virulent viral diseases known and often kills those infected, according to the World Health Organization. Knowing that such dangerous

pathogens are going to be studied at the proposed Boston University Medical Center BSL 4 laboratory is making some people uneasy. Critics, such as a group of Boston city councilors, various Boston residents, and activist groups, say that such a laboratory has no place in a densely populated, urban area such as the South End. The one-square-mile neighborhood is home to about 28,000 people and sits next to other densely populated districts, such as Roxbury and Chinatown.

Yet, supporters of the laboratory say that location and population are irrelevant, and that there is a desperate need for the sort of research that the Boston University Biocontainment lab

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Susan Hartnett (right) of the BRA takes a question/Photo by Jim Damico

City Residents Irate at BRA Meeting for Proposed BioSquare

By Adam Smith

The Boston Redevelopment Authority attempted the impossible last week when it hosted a meeting to discuss the "urban design" of BioSquare, a 15-acre

research center that is slated to include a high-level bioterrorism research laboratory in the South End. "I'm sure they'll be pretty," said an attendee, referring to the

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State House/ Photo by A. Smith

Religious Leaders, Others, Push for Restoration of State-Funded Health Care for Immigrants

By Adam Smith

At a recent press conference, a group of area religious leaders, immigrant advocates and state representatives called out for the state government to restore funding for healthcare coverage for legal immigrants in a supplemental budget. The fiscal year 2004 state budget eliminated state-funded

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Giving Back

Interview with David Chang, AACA Volunteer and ABCD Award Recipient

By Adam Smith

David Chang knows what it's like to be an immigrant. He also knows what it's like to be a refugee.

"I am an immigrant," said Chang during a recent interview, "and I've been a refugee twice." The first time he was a "refugee" was after the Japanese occupation of his home province in China. To avoid the occupation, he had to spend his

CONTINUED PAGE 4



David Chang at ABCD Awards Dinner/Photo by Anita Chang

Chinatown Neighborhood Council Election is November 30 at Sovereign Bank

The Chinatown Neighborhood Council will hold its election on Nov. 30, 9 a.m. to 5 p.m. at Sovereign Bank on Harrison Ave. in Chinatown. Seven unchallenged, incumbent candidates will run. The council has 21 members.

- The candidates are:
- Resident Category
Shirley Lee, Midge Eng, and Kenneth Bennett
 - Other Category
Kai Lau and Wing Kay Leung
 - Business Category
Cindy Yan
 - Agency Category
Felix Lui

Knowing too much: A Curse or Blessing?

My friends say that I go on tangents when I talk about the entertainment industry. How could I not? My school, Emerson College, is located right in the heart of the theatre district and the biggest Cineplex in Boston is just across the street.

So, yes, entertainment comes very close to my heart. But at the same time, I wish I didn't know so much. There is a certain allure in watching a movie and just being intrigued about how a certain special effect can evoke an emotion in the audience. You don't need to know the specific terminology for the equipment used. You can just be in awe of the end result.

However, there is special pride in knowing that you are probably one of the few members of the audience who understand the mumbo-jumbo scrolled during the credits. It's kind of like being of two cultures. There's a lot gained in the knowledge, but some intrigue is lost.

AMER-ASIAN IDENTITY



By columnist
Liang Qu

I remember watching "Crouching Tiger, Hidden Dragon" when it first came to the theatres. On the one hand, I was feeling pretty good about myself being able to comprehend the story without the aid of subtitles. Then when I started hearing whispers from all around me trying to decipher the plotline and commenting on the cinematography and fight sequences, I suddenly felt left out of the loop. I also wanted to have a communicative roadblock that would force me to enjoy the art from another perspective. I wanted to be like the

Americans who couldn't understand Chinese: just plain American.

I felt the same way when I saw "Rush Hour" while I was in China. It was awkward being the only person in the theatre laughing at American slap-stick humor when the rest of the audience was trying to figure out why the "black guy" was being "stupid." Knowing both the American and Asian cultures didn't help in either situation. In fact, it alienated me from the general public: I knew too much.

After years of self-evaluation and knowledge of film and video terminologies, I re-realized that knowing both sides of the spectrum is perhaps better than just one. For one thing, you have a better perspective on the whole situation, on film or off. I can probably appreciate the "Matrix" for more than just the visual eye-candy. I can enjoy knowing some of what

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PICTURE OF THE BIWEEK

CHINESE DELEGATION IN MASSACHUSETTS

State Auditor Joe DeNucci hosted 12 representatives from the Chongqing Municipal People's Government in China on Nov. 18. The delegation was visiting Boston as part of an information gathering tour of the U.S. Auditor DeNucci greeted the delegation's leader, He Li, the Director of the Office of Investigation and Supervision of the Chongqing Municipal Government. Chongqing is the largest industrial city in Southwest China, and has a population of 30 million.

Photo provided by State Auditor

LETTER TO THE EDITOR

Reader Unhappy with Madame Chiang-Kai Shek Story

Dear Editor:

I am very disturbed and disappointed by your write up on Madame Chiang Kai-Shek on the occasion of her passing. It was just so mundane and incognito of her actual effect on China. I

seriously think you missed the point. The first Ling, the eldest daughter of Pastor Charlie Soong loved money. The second daughter, Ching-Ling loved China. She married the father of the Modern

Republic of China, Dr. Sun Yat-Sen. And last but not least, the youngest daughter, Mei-Ling, became the second wife of Generalissimo Chiang Kai-Shek, who succeeded Dr. Sun Yat-Sen as president.

So you see, Taiwan was ruled by a Methodist minister of the Christian Faith—Charlie Soong—and his three daughters! It's a good story of a feminist renaissance in China! But, of course, president Truman

didn't like this Taiwanese bunch, and he called them thieves and cut-throats and stole from China all the foreign aide to fight communism!

Gerald Heng

Kensington Goes Before Zoning Commission on December 3

By Adam Smith

Seeking approval to use a zoning mechanism to construct a 30-story building on the boarder of Chinatown, Kensington Investment Company will go before the Zoning Commission on Dec. 3, 9 a.m., at Boston City Hall, Room 900.

The zoning mechanism, known as a Planned Development Area (PDA) designation, has raised questions by many in the community. One require-

ment for anyone seeking to build on a PDA, which allows developers to bypass zoning, is that the building site must be at least one acre in size. Because the Kensington site is less than the required acre, the developer has drawn a line around public streets and other properties not controlled by Kensington Investment Company to make an acre-sized project site.

Some community groups and activists have

objected to the idea of using the streets, sidewalks and other properties to make the acre. The Boston Redevelopment Authority supported the idea when it approved the tower on Sept. 11 of this year.

If approved by the Zoning Commission, Kensington Place's site will include parts of Washington Street, La Grange Street, the BRA-owned Boylston Square alley, and a large portion of the Boston Young Men's Christian Union's

(BYMCU) building. By drawing the site's boundaries along the centers of the streets and around Boylston Square and the BYMCU building, Kensington has created an area slightly larger than an acre - 45,518 square feet to be exact.

The actual area that Kensington plans to develop will be a little under three quarters of an acre in size. Right now Kensington owns about half an acre on the site, which it acquired

over the past 15 years.

Kensington Place will house 346 residential units and 240 parking spaces. A total of 31 units will be moderately priced and 30 units will be designated for low-income-earning individuals.

The hearing will be open to the public. A copy of the PDA petition and a map of the site area are on display at the Zoning Commission, Room 947A of Boston City Hall.

Stuart Ishimaru Becomes EEOC Commissioner

Asian American groups praised the nomination of Stuart J. Ishimaru recently, when it was announced he would become Commissioner of the U.S. Equal Employment Opportunity Commission.

Ishimaru was sworn in November 17 as Commissioner of the EEOC and was nominated for the position by President George W. Bush on October 14. The U.S. Senate unanimously confirmed his position on October 3.

Upon Ishimaru's nomination, the National Asian Pacific American Legal Consortium applauded the U.S. Senate "for its swift and unanimous consent on the confirmation of Stuart Ishimaru for a seat on the Equal Employment

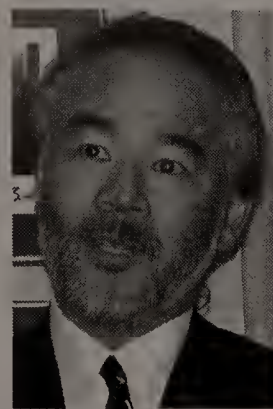
Opportunity Commission" as well as President Bush.

The Japanese American Citizens League (JACL) also hailed the confirmation of Stuart Ishimaru "as a victory for civil rights."

"We believe that Mr. Ishimaru will serve the nation with distinction as a Commissioner and we look forward to working with him in the coming years," said JACL National President S. Floyd Mori in a press statement.

According to the National Asian Pacific American Legal

Consortium, prior to Ishimaru's confirmation, no Asian Pacific Americans held top leadership positions at any federal civil rights enforcement agency.



Ishimaru, Commissioner of EEOC/ Photo provided by EEOC/ Ron Larson

Before taking the position, Ishimaru served as Deputy Assistant Attorney General in the Civil Rights Division of the U.S.

Department of Justice between 1999 and 2001. He had also served as Counsel to the Assistant Attorney General for five years, advising Assistant

Attorneys General on policy and political matters.

In 1993, President Clinton nominated Ishimaru to be the Acting Staff Director of the U.S. Commission on Civil Rights, and from 1984 to 1993, he served on the professional staffs of the House Judiciary Subcommittee on Civil and Constitutional Rights and two House Armed Services Subcommittees of the U.S. Congress.

The native of San Jose, California earned his undergraduate degree

from the University of California, Berkeley, and his law degree from the George Washington University.

"I am honored and excited to be joining the Commission," said Ishimaru in a press statement. "For nearly 40 years the EEOC has been at the forefront of our nation's commitment to root out illegal discrimination. I look forward to working with my colleagues at the Commission to make this vision a reality."

CORRECTION: A story about the Lower Washington Street Neighborhood Task Force incorrectly listed the co-chairs of the non-profit. The three co-chairs are Peggy Ings of Emerson College, Thomas Lee of the Boston Chinese Evangelical Church and Mary Soo Hoo of the Chinatown Neighborhood Council. Bill Moy is not a co-chair as listed in the story.

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Should Boston University Medical Center Build a BSL 4 Laboratory In the South End?

FROM PAGE 1

would conduct. The Boston University Medical Center lab would attempt to develop vaccines and therapeutics for emerging infectious diseases and for biological agents that could be used in a bioterrorist attack.

Currently, three Level 4 labs are in operation in the United States, according to the National Institute of Allergy and Infectious Diseases (NIAID). The three Level 4 labs are located in Georgia, Fort Detrick military base in Maryland, and in a business district on the outskirts of San Antonio, Texas.

NIAID recently awarded grants to another Texas facility as well as to Boston University Medical Center (BUMC) to build one new Level 4 laboratory each.

"The [Level 4] labs are the safest labs in the country. They are really built so that nothing comes out of those labs that shouldn't," said Julie Collins, a spokeswoman for the Southwest Foundation for Biomedical Research, which houses a BSL 4 lab and is located on the outskirts of San Antonio.

Calling the safety features for the labs "purposefully redundant," Collins claimed that "there has never been any type of accidental release from any of

the [Level 4 labs]."

"These facilities are safe," said Ellen Berlin, a BUMC spokeswoman.

WHAT THE SCIENTISTS SAY

"What do I think about having it in the South End?" said Meryl Nass, MD, an expert on biological warfare who lives in Maine. "I think it's a stupid idea."

Dr. Nass has testified in Congressional hearings about the dangers of biological weapons and has studied and written about the subject for the past 15 years. Dr. Nass and other critics say such laboratories shouldn't be built in densely populated cities.

For an infection to occur, said Dr. Nass, "all you really need to do is stick yourself with a dirty needle."

A risk of this type of research, she said, is that a researcher could unknowingly become infected by a pathogen he is studying, then go to a community hospital for treatment and spread the illness to others.

"You think you've got an ordinary illness and you go to a community hospital," said Dr. Nass. "[Then

you] may wind up exposing others to illness."

Other doctors don't think there are such dangers. "I do not think that scenario is very likely at all," said Dr. Charles Schable, director of the bioterrorism program at the National Center for Infectious Diseases. "If you're handling these materials, the first thing you think of is 'uh oh, [did I catch] something I've working with?'" he said.

There are four levels of Biosafety Laboratories. Level 4 is the highest.

Besides, said Dr. Schable, "You're in a space-suit environment, and it's pretty hard to stick yourself [with a dirty needle]."

When asked if there's a chance a pathogen could escape from a BSL 4 lab, Dr. Jean Patterson, chair of the Department of Virology and Immunology at the BSL 4 laboratory in San Antonio, Texas, said, "In the history of these labs, there's never been an accident... so that's all you can go on."

What about in the case of a terrorist attack on the lab?

"I don't know what a terrorist would do," said Dr. Patterson. "We're doing the basic medical research.

If they blow us up, they'd blow up the pathogen. These pathogens wouldn't survive [an explosion]."

Though some critics warn that BSL 4 labs bring exotic, deadly and incurable pathogens into areas from which the pathogens would otherwise not originate, Dr. Patterson said this is of little concern to her. She said the real risk is of humans transporting naturally occurring illnesses, such as SARS.

"We just don't live in a world where pathogens are going to stay where they originated," she said.

To keep surrounding communities safe, BSL 4 laboratories "have multiple back-up safety systems," said Dr. Schable of the National Center for Infectious Diseases. These laboratories are constructed in a way that would prevent the release of dangerous pathogens, he said, and scientists working inside the labs are trained to prevent any sort of outbreak.

"If people do what's right," he said "things will be alright [in the BSL 4 labs]."

But sometimes people don't do what's right, say the critics.

Responding to assertions that there has never been an accident at a Level 4 laboratory, Dr. Nass said, "When they tell you things



A researcher in a BSL 4 lab/Photo from CDC Web Site

like there's never been an accident, that's hogwash."

Accidents have been documented. Last year, anthrax contamination was found in an office and corridor at Fort Detrick—outside of a laboratory in which the bacteria spores were supposed to be contained—according to an article in *The Baltimore Sun*. According to the same newspaper, a researcher at the Fort Detrick facility had tested positive for anthrax the same year.

Dr. Neil Levitt, a virologist, had conducted research for 17 years at a lab in Fort Detrick. In 1988, he testified in Senate hearings about an incident involving missing pathogens from a high-level laboratory. While taking an inventory of virus stocks, he noticed that up to 70 vials (about 2.5 liters) of Chikungunya virus—a

viral disease that is transmitted to human beings by certain mosquitoes in Africa and Asia—had disappeared. The vials were never found.

Though the virus isn't considered life-threatening—it causes fevers, nausea, vomiting, severe joint pain, and rash—Dr. Levitt's story illustrates the real possibility that pathogens could be taken out of laboratories, whether accidentally or intentionally.

Dr. Levitt also told the *Sampan* of a mechanical failure at a Fort Detrick laboratory where he was working in the early 1980s. Routine maintenance checks were not conducted on schedule, he said, and a mechanical failure of a biological hood, used to prevent materials from escaping into the lab, went unde-

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Residents Upset at BioSquare Design Review Meeting



South End resident upset at BioSquare meeting/Photo by Jim Damico

FROM PAGE 1

buildings in BioSquare. But, said the man, "I'm curious about the level of the labs. That's what we're worried about."

The man appeared increasingly frustrated over the proposed BioSafety Level 4 (BSL 4) laboratory. Level 4 laboratories are labs in which scientists research the most deadly, incurable and exotic pathogens known, such as Ebola. The man at the meeting showed little interest in the urban design of the BioSquare project, or the colorful map displaying the layout of buildings, parking garages, and side streets.

"Tonight is ...about the broad plan [of BioSquare]," said Susan Hartnett, the Boston Redevelopment Authority's Director of Economic Development. "The broad plan needs to get through review before we... get inside the individual components, which will include the [BSL 4] bio-lab..."

Many at the meeting, however, had more questions about the laboratory, which would be placed in the densely populated South End neighborhood, which borders Roxbury and Chinatown.

DIALOGUES FROM PAGE 1

the city, the organizers behind the "City-Wide Dialogues" initiative will host a series of planned discussions on race in various neighborhoods. The dialogue will start in coming weeks and end in July of next year.

Each Boston neighborhood will hold four discussions with 15 to 20 racially diverse participants.

"We're challenging Bostonians to step up to the plate and participate in a dialogue," said Jeff Stone of the Urban League of Eastern Massachusetts, who is also the co-chair of the Dialogues steering committee.

No neighborhood discussion dates were given at the meeting.

It was clear, however, that the organizers and

Responding to concerns about the lab, Hartnett said: "I think it's fair to say that [this meeting] is not just about design. There are very few places in the country that have Level 4 labs... And it's legitimate for people to ask questions."

Yet, virtually every question about the proposed high-level laboratory went unanswered by BRA officials and the project's developers, Boston University Medical Center and Robert Walsh, a former director of the Boston Redevelopment Authority (BRA).

"The medical people or the science people are not here tonight," said Hartnett.

"I'm not going to be the purveyor of misinformation about Level 3 and Level 4 labs," said Walsh. Walsh and Hartnett said that BSL 4-specific questions would be answered at the next BioSquare meeting on December 10, 6:30 p.m. at the Boston Public Library.

Others, however, said they were uneasy about trusting scientists or health officials who would be called to the December 10 meeting by the BRA or other city officials.

"These experts are not going to get up and say

anything contrary...to the interests of those people who hired them," said one woman who lives a few blocks away from the BioSquare project.

Though Boston University has said there is much support for the proposed BSL 4 lab, many at the meeting showed opposition to the laboratory.

Others have already publicly opposed the laboratory as well. Alternatives for Community and Environment (ACE), a Roxbury-based legal support organization, filed a notice that it would sue if the project moves forward, and on May 20, a group of Boston City Councilors filed for an ordinance that would prohibit Level 4 research in Boston.

"Now, ACE has come out in opposition before it's had answers," said Hartnett at one point during the meeting, afterward saying she "retracts" her statement.

"I don't think that's a fair comment for you to make as a city official," fired back a woman who said she lived a few blocks from the proposed BSL 4 lab.

Another woman stood up and asked if there was any chance the BRA would not approve the development of the proposed BSL 4 laboratory once the review process has been completed. "Is it a done deal? Is this a done deal and you're just giving us more information [about the project]?"

Hartnett sidestepped the question and instead said the mayor supports the lab. Mayor Thomas M. Menino and Governor Mitt Romney support Boston University Medical Center's building of the laboratory and praised the project when the federal government announced it would award the university \$120 million to build the BSL 4 laboratory. Providing money for the laboratory is part of the Bush

so I can [listen in]." Menino is on the honorary advisory committee of the City-Wide Dialogues.

Other members of the Dialogues steering and advisory committees include Sen. Edward Kennedy, Meg Vaillancourt of the Boston Red Sox, Gisele Michel of the Irish Immigration Center, and Nam Pham of VietAID.

"Most the time when Asians stand up... they don't get to do the dialogue," said Gerald Heng of the Chinese Consolidated Benevolent Association in Chinatown, who attended the gathering for the announcement. He said to a reporter that the biggest road block to dialogue for Asians in Boston is language barriers.

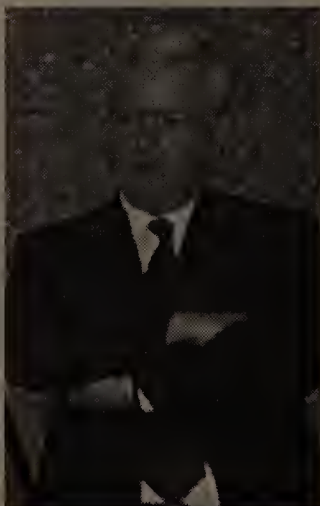
Administration's War on Terrorism.

"It's the unknown about the Level 4 [lab that concerns people]," said Walsh, and "I think that's...very natural..." Yet, he said, "This is a secure facility."

Walsh said that in the 220,000 square-foot National Biocontainment Laboratory, only about 25,000 square feet would be used for BSL 4 research. The rest of the building would be used for BioSafety Level 2 and 3 research, which is less dangerous.

This, however, did little to ease the fears of those at the meeting.

"Take your 25,000 [square] feet," said one man, "and move them out of the city."



Robert Walsh, the developer of the BioSquare Project/Photo by Jim Damico

CHANG/FROM PAGE 1 youth in Hong Kong. The second time was when he moved to the United States.

His immigrant and refugee experiences are what prompted him to start giving back, said Chang, who was recently recognized for his volunteer work as a board member of the Asian American Civic Association (AACA), a non-profit organization that assists immigrants with job skills and English language training and publishes the Sampan.

Born in China in 1937, Chang has an immigrant experience that, in some ways, is similar to that of other immigrants of his generation, but in other ways is unique.

Chang and his family moved around much during his youth. First, they left their home town in China to escape the Japanese soldiers. His family moved to Hong Kong and to various provinces in China. For a short while, Chang and his father even spent time in New York, when his father was asked to be on the Chinese delegation of the United Nations. Eventually, because of the Communist take-over in China, Chang's family decided to settle in Hong Kong.

But life there wasn't easy, he said.

"I had no political or legal identity," he said.

SAMPAN'S VIEW

BRA Failed to Promote Nov. 13 BioSquare Meeting

By Adam Smith

The Boston Redevelopment Authority should have better publicized the November 13 meeting to discuss the design of BioSquare, a biomedical research facility that will house one of only a few high-level bio-research labs in the country, called BioSafety Level 4 labs.

Many residents and a few concerned city councilors have expressed a need for more information about the Level 4 laboratory slated for construction in the 15-acre BioSquare in the South End. Why are they concerned? Because the pathogens that would be studied in the Level 4 lab have no cure and are highly contagious.

Yet, when the Boston Redevelopment Authority advertised the community meeting to discuss the urban design and zoning of BioSquare, it failed to mention anything about the laboratory, except that BioSquare would house a "National Biocontainment Laboratory." The ad, which appeared in only

two neighborhood newspapers, made no mention that the National Bio-Containment Laboratory is a "Level 4" lab or that the laboratory would allow for research of such deadly and contagious pathogens as Ebola.

This was a mistake. Residents of the South End neighborhood and of the entire city deserve to know the details of this laboratory.

OPINION

Advertising the meeting in only the *South End News* and *The Boston Courier* was not enough. Ads should have been placed in the two major city newspapers as well.

The BRA likely met its requirements for publicizing the meeting, but considering that the Level 4 lab would be one of only about five such labs in the entire country once it is built, the BRA should have been more sensitive to community concerns.

The Sampan believes the Level 4 lab is more than a South End issue. It's a city issue.

State Senator Dianne Wilkerson was not even informed of the meeting,

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"We weren't considered real residents."

Educated by Irish missionaries, Chang went to grade school and high school in Hong Kong. When it came time to go to college, he decided to leave the peninsula.

Upon accepting a full scholarship from St. John's College in 1956, Chang headed for Annapolis, Maryland, to study in the college's "Great Books Program".

Explaining his second time as a refugee, Chang said that upon finishing school at St. John's, he ran into a "sticky" situation: he came to the U.S. on a student visa, but because he left from Hong Kong, which was not his birthplace, he didn't have all the required paperwork to prove he was a resident of that colony.

"My whole legal status was very complicated," he said. Luck and relaxed immigration laws allowed him to stay and continue his studies in the U.S. Chang eventually went on to study in the Department of Meteorology and Oceanography in the College of Engineering at New York University.

While in New York, he married to his wife Ann, an American citizen, whom he had met earlier.

Chang went on to work in various companies such as Environmental Research & Technology, Inc. (now ENSR) and Strategic

Information, a subsidiary of Ziff-Davis.

In 1966 he and his wife moved to Acton, where they now live.

"I was the first Chinese in Acton," Chang recalled, noting how the Chinese population in Acton has since mushroomed.

Chang was also one of the first Chinese people in Annapolis, where he went to college.

At that time, he said, "there were no Chinese in Annapolis," and everything was segregated between African Americans and whites.

"Initially, I felt people were looking at me," he said. But soon, he felt more comfortable. Speaking with nearly no accent helped keep Chang from standing out among whites, he said.

"They seemed to just forget about it," he said.

In fact, Chang said, he has faced very little discrimination in the U.S.

But even if he did, it wouldn't likely have bothered him much.

"I look a little different. I don't give a damn," said Chang.

And he feels that the U.S. is his true home. "By rights, I guess I should feel a strong connection to Hong Kong," he said. "But I don't feel that. Since I spent so many years here, I feel very much at home here."

Chang and his wife,

CONTINUED PAGE 6

UPCOMING EVENTS

► "Beyond Bollywood: Tara Deshbande" is program hosted by the Cambridge Center for Adult Education that will include a talk by Bollywood Star Tara Deshpande. Deshpande will introduce her 2001 film "Tapish" and will moderate a panel discussion with local experts of Indian pop culture. The event is December 6, 1-5 p.m., at 42 Brattle Street, Cambridge. \$15. Call (617) 547-6789, Ext. 1.

► The Peabody Essex Museum (PEM) and the Silk Road Project, Inc. (SRPI) will partner to present Creative Exchanges: Sights and Sounds of the Silk Road, a series of performance, educational and cultural activities, from January 20 to 31, 2004, at PEM's museum of art and culture.

Led by cellist Yo-Yo Ma, the Silk Road Project's Artistic Director, this partnership will bring works of visual art from the museum's collection together with the international music and storytelling embodied in the Silk Road Ensemble to create awareness of the rich and diverse cultural traditions in the lands along the ancient Silk Road. For more information visit www.pem.org.

► The American Repertory Theatre will present "Snow in June," a performance work adapted and directed by the renowned Chinese director Chen Shi-Zheng. The text is by Charles L. Mee. The performance opens at the Loeb Drama Center, Harvard Square, on November 29 at 8 p.m., and runs through December 28. The story is about the spirit of a young girl who returns from the dead to exact her brutal revenge on the society that caused her death. It's inspired by a thirteenth-century Yuan drama.

► Opening soon at the Museum of Fine Arts, Boston: "Draped in Dragons: Chinese Court Costume." The exhibit will open December 3 at the Museum of Fine Arts, and will display examples of the jifu and other types of imperial dress with costume accessories, portraits, furniture and textiles, providing a rare glimpse into the Chinese imperial court of the Qing (1644 - 1911) Dynasty. Exhibit will end May 2, 2004. The museum is at 465 Huntington Avenue, Boston.

► The Hermes Orchestra will perform a concert of Modern Classics: Billy Joel to Eminem - original arrangements of rock and pop favorites. The orchestra's instrumentation includes piano, guitar, bass, drums, cello, clarinet and flute. The show is Nov. 25, 7 p.m. at the Tremont Theater & Gallery, 276 Tremont St., Boston. It's sponsored by The International Society. Call (617) 338-4274. \$20.

► During November, Wal-Mart stores will offer free eye exams to kids under age 18 who have no health insurance. Free frames and lenses are also available for the kids.

► The Chinatown Resident Association meets every first Wednesday of the month at 6:30 p.m. at the Quincy School.

► The Chinatown Safety Committee meets the first Wednesday of the month at 10:30 a.m. at the Double Tree Hotel.

► The Chinatown Neighborhood Council meets on the third Monday of the month at 6 p.m. at St. James the Greater.

TURN OFF THE TV : VOLUNTEER

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Salary Range: \$62,000.00-\$67,000.00

Review of applications will begin November 24, 2003 and will continue until position is filled.

To apply in confidence, candidates should send a resume and a letter addressing the requirements of the position, and a copy of transcripts (unofficial is acceptable), to: Molly B. Ambrose, Director of Human Resources and Labor Relations, Bunker Hill Community College, 250 New Rutherford Avenue, Boston, MA 02129-2925 or visit our website at www.bhcc.mass.edu

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Send resume to Richard J. Scranton, Associate Dean, 220 Snell Engineering Center, Northeastern University, Boston, MA 02115.

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BHCC is one of the most diverse and cosmopolitan colleges in New England with 59 percent students of color, and an international population representing 92 countries. BHCC offers extensive curricula encompassing 67 degree and certificate programs and workforce development education. This semester over 7200 credit students are enrolled in day, evening, weekend, and distance learning courses.

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Adolescent Obesity Is An Increasing Problem in the Asian Community

By Najlla Nassery

Is the Asian community immune to obesity? Barry M. Popkin from the University of North Carolina at Chapel Hill says no. Popkin and colleagues conducted a study in 1996 to examine the obesity patterns of ethnic subpopulations in the U.S.

The results show that 20.6% of Asian-American adolescents are obese. The

US prevalence of adolescent obesity is 26.5%.

Stratifying the Asian-American community, Popkin found that "Other" Asians (a combination of Korean, Japanese, Southeast Asian, and South Asian-American youth) have a higher prevalence of obesity than Filipino-Americans or Chinese-Americans.

Additionally, results indicate that males and American-born Asians are

more likely to be obese.

American-born adolescents are more than twice as likely to be obese than their first-generation counterparts. This is, in large part, influenced by acculturation. American-born adolescents are less likely to follow the traditional Asian diet and also have more sedentary or inactive lifestyles.

Why is childhood obesity important? As stated by the National Institutes of

Health, childhood obesity has important health consequences for children and is also a major antecedent of adult obesity.

Adverse health effects associated with childhood obesity include: asthma, diabetes (type II), hypertension, orthopedic complication, psycho-social effects and stigma, and sleep apnea, the absence of breathing during sleep.

Additionally, childhood

obesity, and in particular adolescent obesity, lead to various health risks, such as heart disease, related to increased morbidity and mortality in later life.

What can be done to prevent childhood obesity? To prevent obesity, children need to eat a balanced diet that includes more fruits and vegetables and less snack and junk foods. They need to spend less time watching TV and playing

video games and more time riding bikes or playing sports.

Najlla Nassery is a first year Medical student at Tufts-New England Medical Center

AACA's Health Education Project, which includes this column, is funded by the Asian Health Initiative of New England Medical Center

Help Wanted



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DAVID CHANG
FROM PAGE 4

who have two grown daughters, have lived in Acton since moving there.

Upon his recent retirement from Atmospheric & Environmental Research, Inc., Chang has started giving back to the community.

He came into contact with the Asian American Civic Association a few years ago when he met the non-profit's president, Mary Chin.

"Mary talked to me about the AACA and I felt

an obligation to do something," he said. "Until I found out about AACA, I [only] came to Chinatown to go to the restaurants."

Chang was recently awarded for his volunteer work with the AACA when Action for Boston Community Development held its annual Community Awards Dinner on October 24.

"I'm trying to give back. I'll do what I think I can which is to introduce the AACA to beyond the Chinatown community," said Chang.

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Boston, MA 02110

email: admin@mhic.com

No telephone calls please.

BRA Failed to Publicize BioSquare Meeting

FROM PAGE 4

though the lab would be built in her district. And the activist group Alternatives for Community and Environment, who is threatening to sue if the BSL 4 lab is built, also was not informed of the meeting.

City Councilor Felix Arroyo, who said he *was* informed of the meeting by the BRA, said the BRA should have better publicized the meeting because it is a "citywide issue."

OPINION

Some Chinatown activists, such as Serene Wong, Carlo Ng, and Lydia Lowe, agreed.

So far, Chinatown, which sits next to the South End, has received virtually no information about the Level 4 lab from City Hall.

Another mistake the BRA made—apparently by accident—was listing an incorrect phone number on the ad for information. The listed number went to the correct city department, but not to the individual listed on the ad. It wasn't impossible to find the correct individual, but the mistake made the process more difficult.

The final challenge was to find the actual meeting site. No signs directed people to the meeting place, which was located in a room of a second floor cafeteria, inside the overwhelming Boston University Medical Center.

The BRA slipped up again by not having a scientist familiar with Level 4 research on hand at the meeting who could take questions about the Level 4 laboratory, which is a Boston University Medical Center project. The laboratory was the major concern at the meeting. Some people did have urban design questions—which way would traffic flow, and which way would shadows fall—but for many of those living only blocks away from the proposed lab, safety was their biggest concern. The BRA should have anticipated this.

For those who couldn't make it to the meeting on Nov. 13, the city will hold another meeting on Dec. 10, 6:30 p.m., at the Boston Public Library, to discuss biotechnology in the city of Boston. Let's hope this meeting is properly advertised.

BIO-LAB FROM PAGE 3

tected. Because of the mechanical failure, Dr. Levitt and another researcher were exposed to dangerous levels of radiological material that they unknowingly inhaled. This was not discovered until weeks later when routine medical tests revealed the exposure, said Dr. Levitt. Had this been a biological pathogen, an infected researcher may have unknowingly spread a contagious disease, said the doctor.

"It's only by luck," he said, that pathogens haven't escaped into any of the communities surrounding any of the Level 4 labs.

"There is absolutely no way that anyone can guarantee absolute security," said Dr. Sujatha Byravan, a molecular biologist by training. "Since you cannot guarantee this, you should not put it in a location where you would put a large number of people at risk."

"What they say is there has been no breach of containment [but] there have been infections of workers, there have been missing vials [containing pathogens]," said Dr. Byravan, executive director of the Council for Responsible Genetics, which opposes the laboratory.

Increasing the number of BSL 4 facilities, she said, inherently increases the risk of an accident.

"We're talking about organisms that they do not have a cure for. None of them," said Dr. Levitt.

Transporting the pathogens—often by Federal Express and UPS—from one lab to another can also prove risky, Dr. Byravan said. Earlier this year, a package containing the West Nile virus that was shipped via Federal Express exploded at Port Columbus International Airport in Ohio. The explosion led to the evacuation of 50 workers, according to a story in the *Cincinnati Enquirer*.

Dr. Nass, the bioterrorism expert, also noted that how secure a laboratory is depends on the researchers working in the lab. "You can go to a lab and put something in your pocket and walk out with it," she said, pointing out that "less than a gram of bacteria" can pose health risks.

Dr. Nass suggests that because of potential risks, BSL 4 laboratories would be better off built in the "Arizona desert."

BUT BUMC SAYS THERE'S SUPPORT FOR THE LAB...

BUMC maintains that residents want the lab. "We have a great deal of support for this project from residents, businesses, community groups, and elected officials, who all understand why this is an impor-

tant project," said Ellen Berlin, a spokeswoman for the BUMC laboratory. BUMC also said that principal investigators at Harvard University and the University of Massachusetts support the BSL 4 laboratory.

Additionally, the mayor, the governor and some city councilors have praised plans to house the Level 4 laboratory in Boston. Supporters of the lab point to the \$120-million grant from the federal government, as well as new construction jobs, research jobs and other jobs that would come with the construction of the laboratory.

"This project is about jobs and economic development," said Massachusetts Governor Mitt Romney in a press statement in response to the announcement that BUMC won the grant to build the lab. "The construction of this new center will solidify Massachusetts' position as the national leader for cutting-edge biotech research."

The director of the city's development agency, Mark Maloney, said the city could lose its "competitive edge" as a center for science research if the lab were not built. Mayor Thomas M. Menino said the laboratory would be "a real catalyst for more jobs."

Congressman Michael Capuano also spoke positively about the laboratory, though he was a bit more cautious. "The lab will bring jobs, federal dollars and private investment to the region," said Capuano in a press statement.

"However," he added, "I have some concerns about the impact of construction on the quality of life in the neighborhood. I plan on keeping a close watch on this aspect of the project, and to make sure that issues related to security are foremost in planning and daily operations. I understand there are legitimate neighborhood concerns surrounding the project and expect BUMC to work diligently to address those concerns."

BUT HOW REAL IS THE COMMUNITY SUPPORT?

Despite BUMC's assertion that the lab "has a great deal of support," some in the community are unhappy about the laboratory.

At a meeting last week to discuss the urban design of BioSquare, the 15-acre research center that will house the BSL 4 lab, many attendees objected to the BSL 4 laboratory. And many who didn't outright object appeared concerned about having deadly and incurable pathogens studied near their homes.

"I do not understand why this particular lab is going into this area. Other things in that area are going to prosper with or without that lab in that



Not quite "urban." Aerial photo of the Southwest Foundation for Biomedical Research. The foundation houses a BSL Level 4 Lab on the outskirts of San Antonio. Photo from SFBR's Web site

urban setting," said one woman at the meeting.

"I'm no expert, but it strikes me as an odd place to build such a lab," said a man at the meeting who objected to the BSL 4 laboratory.

Recently, Alternatives for Community and Environment, a Roxbury-based legal support organization, filed a notice that it would sue if the project moves forward, and on May 20, a group of Boston city councilors filed for an ordinance that would prohibit Level 4 research in Boston. Various Boston residents have also protested against the lab.

South End resident Helaine Simmonds, who lives a few blocks from the proposed Level 4 lab, says the laboratory makes her uncomfortable, though she has not yet taken a position on the lab.

"My biggest concern is

that it's [supposed to be built] in a densely populated urban area," said

Simmonds, who has attended neighborhood meetings about the BUMC project.

"I asked them [BUMC], why don't you put it on an island in Boston Harbor?" she said over a phone interview.

WOULD THE BUMC LAB SET A PRECEDENT?

Whether or not the South End laboratory would be the first Level 4

lab to be built in a densely populated, urban area depends on who is asked.

"A [Level 4] laboratory has never been situated in such a densely populated urban neighborhood as the South End [and] Roxbury," states Alternatives for Community and Environment, the community group opposing the laboratory.

Some Boston city officials, however, disagree. "Not true," said

CONTINUED PAGE 8



Friendly garden co-op, 235 Revere Street, Revere, MA 02151, has closed their waiting list as of October 27th, 2003.

Subscribe to SAMPAN!

First published by the Asian American Civic Association over thirty years ago, the Sampan Newspaper is the oldest newspaper of its kind to remain in circulation in the United States. Subscriptions from readers and friends like you have enabled us not only to continue to serve and inform our readers with news pertinent to their cultures and way of life, but have also enabled us to improve the quality and expand the distribution of our paper, opening the doors to further advancement and innovation.

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POLICE REPORT

Provided by Officer David Saddler

October 17

Robbery

A man reported an unarmed robbery on Beach Street at 11:20.

BB Gun Bullets

A victim at 260 Harrison Ave. reported property damage by BB gun pellets.

October 18

Arson

A Hudson Street resident reported arson at 8 p.m.

October 19

Female Strikes With Key

A victim stated that a woman struck him in the face with a key at 90 Tyler St. at 10 p.m.

October 20

Purse Robbed

A woman was robbed of her purse at 106 Kingston St. at 10:20 p.m.

October 23

Carjacking

A carjacking was reported on Essex St. at 11:40 a.m.

October 26

Assault Arrest

Police arrested a suspect for assault and battery with a deadly weapon on Beach Street at 1:20 a.m.

October 29

Burglary

A burglary was reported at 7 Hudson St. at 2 a.m.

November 2

Warrant Arrest

Police made an unarmed robbery warrant arrest at 830 Washington St. at 1:40 a.m.

November 5

Drug Arrest

Police made drug arrest at 116 Harrison Ave. at 1:35 a.m.

November 6

Person Shot

A man was shot on Washington Street at 3:06 a.m.

Liang Qu's Column KNOWING TOO MUCH FROM PAGE 2

went into each action sequence.

I can understand why certain ideas and storylines work better in America than Asia, because I have a grasp of both cultures.

"Knowing too much" is a fact of everyday living for Asian Americans. But perhaps this phenomenon is not a curse. It's a blessing. You can shed light on certain facets of cultures that are mysterious to the general public. It's all part of being an intercultural bridge. Or if you want, think of it as a film teacher showing the students just what makes a movie so intriguing: You know what's going on, and you can enlighten others with that knowledge and how-to.



The Asian Community Development Corporation held its annual meeting on November 18. In photo is director Doug Ling, right, and board member Jeffrey Wong, left.

Photo by Anita Chang

MassHealth FROM PAGE 1

MassHealth for more than 10,000 "special status" adult legal immigrants, according to the immigrant advocacy coalition MIRA. At the time, the state was facing a \$3 billion budget deficit and lawmakers made several cuts, including cuts that limited access to state-funded health care.

Those same immigrants, according to MIRA, "became ineligible for federal Medicaid due to restrictions enacted under 1994 federal welfare reform."

Because these immigrants haven't been able

to access MassHealth since August, they aren't able to access the primary care needed to keep healthy, said Ali Noorani, the executive director of the Massachusetts Immigrant and Refugee Advocacy Coalition (MIRA).

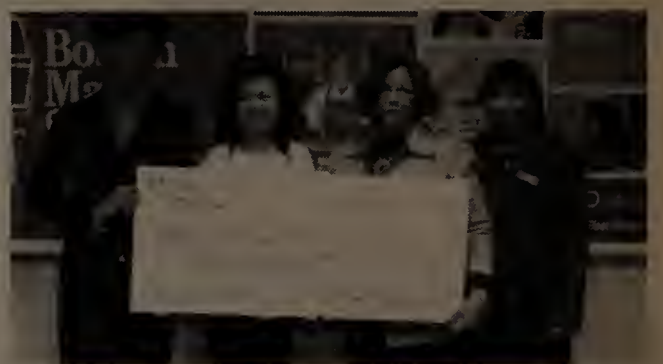
"We can't afford not to do this," echoed state Representative Antonio Cabral (D).

Cabral and other advocates of allowing the immigrants access to MassHealth reasoned that if the 10,000 people were not able to get the health care, they would be put off seeing a physician until they end up in the emergency room, seeking

FleetBoston Foundation Gives to Main Streets

On Nov. 14, the FleetBoston Financial Foundation awarded \$39,000 in grants to 18 Main Streets organizations, including Chinatown Main Streets.

"Today we celebrate the success of the Boston Main Streets program, and the impact these organizations have had in helping to revitalize the historic commercial neighborhoods that make Boston a diverse and vibrant city," said Charlotte Golar Richie, director of the



Left to right: Charlotte Golar Richie; Winnie Leung, Chinatown Main Streets; Gail Snowden, President of FleetBoston Financial Foundation; Kim Williams, District Manager of FleetBoston Financial/Photo provided by Fleet

Department of Neighborhood Development, in a press

statement. Chinatown Main Streets received \$1,500.

urgent care.

"We pay through the nose in the Commonwealth for emergency care," said state Senator Jarrett Barrios (D).

MassHealth pays for health care for low- and medium-income people living in the state.

"They changed eligibility, they restricted eligibility," of MassHealth, said Julie Snyder Hyams, a policy consultant at Health Care For All, over a phone interview after the meeting. Other people who had also been receiving coverage from MassHealth were also cut out in August.

"Unfortunately the state had to make many

egregious healthcare decisions when it came to vulnerable populations..." said Hyams.

According to MIRA, after the federal government had cut immigrants from Medicaid, many states, including Massachusetts, provided them with some sort of health care. The "special status" immigrants that MIRA said lost access to state-funded health care are "lawful, tax-paying Massachusetts residents." They include "immigrants fleeing from persecution with pending applications for asylum, immigrants with permission to live in the U.S. because conditions in their home coun-

tries are unsafe, as well as certain legal permanent immigrants who will not be eligible for federal benefits until five years from receiving permanent [resident] status," says MIRA.

Speakers at the press conference also included Dr. Joe Doolin of Catholic Charities and Rabbi Moshe Waldoks of the Jewish Community Relations Council.

UPDATE: The House and the Senate adopted an amendment to the fiscal year 2004 supplemental budget that may allow partial restoration of MassHealth to elderly and disabled legal immigrants, according to MIRA.

South End Bioterror Lab

FROM PAGE 7

Maloney, director of the Boston Redevelopment Authority, in response to the claim that the South End's proposed lab would be the first Level 4 lab in an urban area.

Mayor Menino also said that the idea that the South End Level 4 lab would set a precedent is untrue. "[These] people who are giving you misinformation are misleading you," said Menino.

Both Maloney and Menino are quick to point out that the Atlanta-based U.S. Centers for Disease Control (CDC) in Georgia houses a Level 4 laboratory. (Neither Maloney nor Menino mentioned the Level 4 labs in Texas and Fort Detrick. The Texas laboratory is in a spread-out business district [photo on page 7] and the Fort Detrick lab is in a self-contained military base.)

However, when the Sampan called various city departments in Atlanta and an admissions officer at a university near the CDC, the respondents described the CDC's location as "suburban" and "quiet." It's on "the edge of the city," said an employee of the Atlanta Planning Department. A spokesperson for the CDC called the Centers' location "spread out."

But one thing is clear:

The lab would set a precedent in that it would make BSL 4 labs acceptable in Boston. This is why Boston City Councilor Felix Arroyo and other councilors oppose the laboratory.

Arroyo, along with councilors Chuck Turner and Maura Hennigan, supports an ordinance that

"I'm not sorry that [Level 4 labs] are banned"

CAMBRIDGE CITY COUNCILOR HENRIETTA DAVIS

would ban the research in Boston as well. "The potential risk of it is not...an issue to be avoided," said Arroyo.

Boston's neighboring city, Cambridge, has an ordinance banning recombinant DNA research in BSL 4 facilities, which effectively bans BSL 4 research.

The ordinance, which was passed in the late 1970s, does not prohibit research in BioSafety Level 1, 2 or 3 laboratories, which are considered less hazardous.

"Because our companies and universities here don't seem to need that level of containment,

there's been no impetus to change the ordinance" to allow for BSL 4 research, said Dr. Melvin H. Chalfen, chair of the Cambridge Bio-safety Committee. Dr. Chalfen would not comment directly on the proposed BUMC laboratory or about building such a lab in Boston.

Dr. Chalfen did say that BSL 4 labs have a good track record in terms of safety and that it would be hard to speculate on what would happen if the ban were to be challenged today, except that he would expect there would be an open process. But, he said, "I don't feel that [Cambridge] has been hurt by not having a BSL 4 lab here." The universities and research companies, said Dr. Chalfen, "know our ordinance, and they know they can live with it."

Cambridge is home to such top universities as MIT and Harvard.

"I'm not sorry that [Level 4 labs] are banned," said Cambridge City Councilor Henrietta Davis. Davis, who is the city's vice mayor, as well as chair of the Health and Environment Committee there, said keeping the risk of that type of research away from a population center "seems more sensible."

GAY MARRIAGE FROM PAGE 1

Youth Essential Services (YES). "Let people live their own lives," she said.

"I was ecstatic about it," said a 26-year-old Taiwan native, who declined to give his name.

Jason Chang, originally from Taiwan, said, "All that happened was the Supreme Judicial Court declared discrimination against gay marriage is unconstitutional. That doesn't mean that gays have the right to marry just yet. But I think that gay marriage is OK."

"I think it's a great thing," said Sophia Kim, who works for an Asian American youth organization. "I guess I just feel like... people should be able to marry who they want. It's their private lives..."

Bill Moy, a Chinatown Neighborhood Councilor, said that he doesn't agree with gay marriage, because he thinks marriage should be only between men and women. However, he did say that he doesn't mind if gay couples live together, buy homes together or adopt children together.

"Heterosexual marriage is the universally accepted definition of marriage around the world and throughout history. Across all continents, religions, and societies homosexual marriages have not been accepted. Only until very recently has any society accepted homosexual behavior as normal and homosexual marriage as equal to heterosexual marriage," said Pastor Steven Chin of the

Boston Chinese Evangelical Church.

Pastor Joseph Lee, of the Union Taiwanese Presbyterian Church, also disagrees with gay marriage. He did, however, stress a need to accept gays and lesbians and treat them equally with others.

"We're really viewing it as a positive thing," said Jacob Smith Yang, director of Massachusetts Asian and Pacific Islanders for Health. "From my perspective, [because] we do HIV and AIDS prevention work... this ruling will allow gay people to live their lives more openly..." Yang said it would allow people to "be more honest about their lives."

"I don't think...it compromises the institution of marriage," Yang said, because the ruling focuses on civil marriage and not cultural or religious marriage.

"I think it's cool, but I'm iffy on the 'marriage' thing. I'm happy with the rights issue, but I think attaching the word 'marriage' is what's making it so controversial," said Christopher Larkin, a student at Emerson College.

Emily Damiano, a coordinator at the Asian American Civic Association, said "I'm not for or against [gay marriage]." But the mother of two young children said, she doesn't know how to talk to her kids about gay marriage, yet, because it's not a "black and white" issue.

中華頤養院健康系列講座「骨骼疏鬆症」預防之道：多作戶外活動、吃含鈣食物

十一月十三日中華頤養院史立德學習中心在中華頤養院主辦健康教育講座，由物理治療師羅瑞聖與中華頤養院護士長陳力主講：主講「骨質疏鬆症」，出席人數近七十人，均感同身受，不時發問。對骨質疏鬆症的應有態度，多了一點認識。出席人士一致好評。

羅瑞聖問大家「骨質疏鬆症」到底是怎樣的一種病呢？怎樣才知道自己是否患了這種病呢？他解釋說「骨質疏鬆症」是一種影響全身骨骼的疾病，而且還是最近才被人們認識、重視的健康問題。該症的病理定義是：人體骨骼密度降低以及骨組織的微細結構遭破壞，以至造成人體骨頭脆弱易折。老年是骨質庫房的透支期，一般長者因體能及平衡力下降、缺乏運動又不講究飲食，以致骨折機會大大提高，預防骨折實屬首要。

羅瑞聖說，做運動要適宜，因應個別能力，慢慢增加運動量和強度。一、骨質的增加對壓力有適應現象，要確保骨質持續生長，運動量亦須逐漸提升。

二、運動因人而異，過度不適是警訊訊號，表示運動量過劇；因此需減低運動量及休息。熱身運動及運動前、後的伸展運動，對從事劇烈運動的人士尤為重要。

三、選擇運動時須依據個人的能力及興趣。選擇運動時須按自己的喜好，令運動成為生活的一部份。

四、伸展運動，每天全身性伸展運動雖對骨質增長幫助極微，但卻能有效地減輕肌肉繃緊的情況及增強身體的功能表現。

五、骨質疏鬆患者長期病患者有骨骼及關節毛病的人士須與主診醫生商量，諮詢專家，以選擇合適的運動。需要何種運動較為適宜。陳力說：「骨質疏鬆症」的診斷是通過骨密度的測定判斷，現在最好的檢測方法是使用「雙能量X光骨密度檢測儀」(DEXA)這是一種較為方便又無損傷性的檢測方法，它是利用X光的原理將病人的骨密度與正常人的平均值相對比。較準確的檢測部位是測定人體腰椎骨、股骨及頸骨的骨密度，因為這兩處是支撐身體的主要部位，較容易查出早期「骨質疏鬆症」病變。

陳力再強調骨質疏鬆是無聲無色的進行，病人一般沒有任何症狀。患者通常到發生骨折後，才知道自己患上此病。腰椎骨折的病人會出現駝背、肚臍凸出及身高變矮。而腰酸背痛往往是發生於骨折之後。

圖一：物理治療師羅瑞聖(站立右二)與中華頤養院金杏濱(站立左二)正與出席人士分享骨質疏鬆症對運動的應有態度。



步行運動(適當的負重步行更為有效)；服用鈣片及維生素D。維生素D會刺激骨細胞的活力，以及增加鈣質從腸胃道的吸收能力，並減少鈣質由小便排出。該活動主持人譚秀婷表示，下期活動是「淺談心理健康」，由心理輔導社工黃健文先生主講。時間是十一月十一日。有興趣參加者，可聯絡譚秀婷：(617) 482-2541。

圖二：中華頤養院金杏濱、物理治療師羅瑞聖與中華頤養院護士長陳力與主持人譚秀婷(由左至右)。



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司徒賢律師再全美十大法律學院，紐約大學畢業，是麻省、新澤西、紐約三州註冊職業律師，曾被香港(一週刊)，台灣(聯合報)，美國世界日報，(Boston Globe)，(San Francisco Chronicle) 訪問有關法律政策。

宗教人士、移民權益促進人士、州代表 呼籲州政府恢復新移民醫療資助

在最近的新聞發佈會中，一群宗教領導人，移民倡導者及州代表要求州政府補充財政以恢復對合法移民的醫療資助。

根據移民資助聯合會MIRA，2004財政年度預算刪減了州資助的10,000個特別情況的麻州醫療。同時，麻州面臨三百萬的預算赤字，立法人做了幾項削減，包括對麻州資助的醫療的削減。

根據MIRA，同樣的移民由于1994年的福利改革的限制，沒有資格去享有聯邦醫療補助計劃。

麻州移民與難民資助聯合會高級經理，ALINOORANI說，因為這些移民自從八月失去麻州醫療的途徑，他們失去了享有對健康基本醫療的措施。

州代表ANTONIO CABRAL辯解，「我們沒有足夠的財力來做到這一點」。

CABRAL和其他允許移民得到麻州醫療的聲援者分析，如果這10,000人不能得到健康保護，他們將拖延去看醫生直到被安置到緊急護理室內安排緊急處理。

州議員JARETT BARRIOS說，「我們通過大眾財富的最前沿付款」。

麻州醫療給在麻州生活的低收入及中等收入的人買醫療。

「大眾健康」醫療的諮詢師JULIE SNYDER HYAMS，在會後的電話訪談中說：他們改變了移民的資格，他們限制了移民的資格。其他一直接收麻州醫療的人也在八月份擱置在外。不幸的是，麻州政府在面臨弱勢群體的時候作出了一個極端惡劣的決定。

根據MIRA，在聯邦政府把移民從醫療補助計劃中略去後，許多州，包括麻州，提供給這些移民一些醫療。MIRA說的失去州補助醫療的「特殊情況」移民是「合法的繳納稅款的麻州居民」這些「特殊情況」的人包括被迫害逃離的申請正在處理的難民，由於他們的祖國的安全狀況而允許居住在美國的移民，以及某種合法的永久移民，直到五年收到「永久移民」通知，沒有資格得到聯邦福利的某些合法永久移民。

與會發言人還包括「天主教慈善」的JOE DOOLIN博士和猶太社區聯合會的RABBI MOSHE WALDOKS。（王卓翻譯）

日裔美國人HSTUART J. ISHIMARU

第一位美國平等就業機會專員 致力剷除歧視

亞裔美國人群體在當STUART J. ISHIMARU將成為美國平等就業機會委員會專員的時候，一致讚揚了這個提名。

ISHIMARU在十一月十七日被公開提名為平等就業機會委員會專員，他在十月十四日被喬治·布殊總統提名於這個位置。在十月三日，議員一致通過了這個提名。

在ISHIMARU被提名後，亞太美國人合法聯合體讚揚了美國國會「反應迅速和一致滿意的通過ISHIMARU在平等就業機會委員會的位置」，同時也讚揚了布殊總統的知人善任。

日裔美國人聯盟也表達了對任命ISHIMARU為「公民權力的勝利」，日裔美國人聯盟主席LOYD MORISHIMARU先生作為專員將帶有特色的服務於這個國家，同時，我們也希望早日和他一起工作。

在擔任這個職務以前，ISHIMARU在1999年到2001在美國司法部公共權力組擔任高級助理律師，他還擔任了五年的高級助理律師諮詢員，諮詢助理律師政策與政治事務。



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The first priority for occupancy is provided to eligible household applicants whose family income is 50% or less of the established median family income for the area:

Household Size	Income Limits	Household Size	Income Limits
1 person	\$21,100	4 persons	\$30,150
2 persons	\$24,100	5 persons	\$32,550
3 persons	\$27,150	6 persons	\$34,950

If there are an insufficient number of eligible household applicants whose income is 50% or less than the established median family income of the area, second priority is provided to eligible household applicants whose family income does not exceed 80% of the established median family income for the area:

Household Size	Income Limits	Household Size	Income Limits
1 person	\$33,750	4 persons	\$48,250
2 persons	\$38,600	5 persons	\$52,100
3 persons	\$43,400	6 persons	\$55,950

For applications and information, contact:

Lower Cape Cod Community Development Corporation
PO Box 1860
N. Eastham, MA 02651
508-240-7873/1-800-220-6202 ext 14



「我感到很榮幸和興奮加入這個委員會，ISHIMARU在新聞聲明中說，「四十年來，公平就業機會委員會已經在這個國家致力於剷除歧視最前沿機構，我期待著和我的同事一道使「剷除歧視行為」的目標變為現實」。

ISHIMARU生在加州的SAN JOSE，在加州大學伯克利分校取得本科學位，後來在喬治華盛頓大學得到法律學位。

ISHIMARU為美國司法部公共權力組代理組長。從1984到1993年間，他還擔任公共和憲法權立法會小組委員會的職員以及兩個在美國國會軍事立法委員會小組委員會的職位。

在1993年，克林頓總統提名

短文：蜘蛛絲的妙用
：比防彈纖維更強

數世紀以來，科學家都在苦思如何將自然物質為人所利用。中世紀時，煉金術士試著點「鐵」成金，結果，碳加鐵成了鋼鐵；新近，科學家燒煮加壓化學物，製造出防彈的凱夫拉纖維。

如今，有科學家研究蜘蛛絲，希望能變出什麼新物質，好勝過前人的成就。

外界可能不知道，以質量來論，蜘蛛絲的強度是鋼鐵的五倍，強韌性超過凱夫拉纖維，延展性勝過尼龍，而且它周圍環繞地球的總重量僅四百二十公克。

現任康乃爾生物科技中心主任的傑林斯基，研究蜘蛛絲已有進展，她採用磁共振科技，分析出這個具有三億八千萬年進化歷史物質的分子結構。他說，他們展望以蜘蛛絲發展出新一代工業纖維，好製造出超強橋索等建築材料、防彈纖維、人造筋、抗過敏縫線、移植、甚至人造皮膚等。

傑林斯基的夢想是結合於草植物與蜘蛛絲基因，把菸草葉從殺手變為福星。她深信，生物科技可創造有益環境的新物質，讓食物更多產並預防疾病，改善生活品質。

波士頓華埠社區治安紀錄

· 立案逮捕

兩千零三年十月二十四日
在LAWRENCE地區法庭立案的嫌疑人在尼倫街被逮捕。起初，此位嫌疑人試圖逃跑，在短暫掙扎後被警員制服。

· 破壞

兩千零三年十月二十五日
受害者報告他鎖在乞臣街上的機動車被幾名人士破壞。

· 刺傷

兩千零三年十月二十六日
從一街區的幾個警官得到有人在必珠和林肯街交界被人刺傷的報告。在到達出事地點後，警方遇見了受害人並與之講話。受害人說在與嫌疑人發生口頭的爭執後，他被打傷。受害人的傷口在案發現場得到了處理。警方後來找到了嫌疑人並且得到了受害人的指認。嫌疑人被逮捕并送到了地區法院。受害人則被送到醫院做進一步的治療。

· 攜帶毒品

兩千零三年十月二十七日
Sgt. Kati在HagGrange街執行任務時逮捕了攜帶可卡因者。

· 夜盜

兩千零三年十月二十八日
在N街的警官得到報告有人在民宅竊帶。警方到達現場時，發現有人出現在前門並且在轉移盒裝的物品。此人被警方逮捕并送到地區法院審理。

· 赤手搶劫

兩千零三年十月二十九日
警方接到報告在尼倫街有搶劫的嫌疑人被拘捕。警方在到達現場後遇見了受害人。她告訴警方嫌疑人將她撞倒並試圖搶走她的手提包。嫌疑人被四位在事發現場的人制服並送給警方。嫌疑人被逮捕并送到第法院。受害人沒有要求任何的醫療處置，她的物品也被交還給她。

· 竊盜

兩千零三年十月二十九日

警方接到報告，在乞臣街上有入竊盜。警方到現場時見了受害人。他們說有人闖進他們的公寓并拿走了東西。

· 立案逮捕

兩千零三年十月三十日
嫌疑人在拉冠街上被逮捕，他已被波士頓地區法院立案。

· 攜帶毒品

兩千零三年十一月五日
凌晨一點三十五分，在哈立臣街上，嫌疑人因可卡因被拘捕。

· 逮捕令

兩千零三年十一月五日
早上八點十五分，在海灘大街上，康乃迪克州STOUGHTON市的嫌疑人由於拖欠債務而被逮捕。

· 暴力

兩千零三年十一月六日
受害人報告他在華盛頓與尼倫街被無名嫌疑人射傷，嫌疑人隨後逃逸。無進一步的信息，受害人傷及臂與胯部。

· 損毀

兩千零三年十一月六日
大約下午三點五十一分，警方在哈佛和泰勒大街發現有機動車，一九九一年產ACURA被損壞。

· 財產損害

兩千零三年十一月六日
在派得芒特街商家報告，大約上午九點十二分，它的一個員工損壞了商店的大門，受害人被建議在法庭上提供證據。

· 盜竊機動車

兩千零三年十一月六日
受害人報告上午十一點三十分到下午一點三十分，在海灘和查爾斯大街上，他的機動車內的皮包，私人文件，寶石和鞋被人拿走了。

· 財產損害

兩千零三年十一月七日
受害人報告說在上午九點十五分到十點

二十九分之間，他的一輛在兩千年產的DODGE車的左後門被無名的嫌疑人司機撞壞。

· 校區毒品

兩千零三年十一月七日
大約凌晨兩點零八分，在士多特和查爾斯大街，嫌疑人在離校區不到一千英尺的範圍內因發放可卡因毒品被拘捕。

· 拒交出租車費用

兩千零三年十一月七日
大約凌晨一點二十九分，一輛在劍橋出租車司機報告在查爾斯街和士多爾特街，嫌疑人拒交車費，受害人尋求到法庭解決。
(以上資料由波士頓警察局提供；王卓翻譯)

食譜：蔬菜羹

材料：(6人份)

大白菜400公克、金針菇150克、濕木耳50克、胡蘿蔔80克、香菇14公克、蔥6段、薑絲、香菜各1大匙

調味料：

(一)高湯2杯、醬油、酒各2大匙、蠔油、鹽、糖各2小匙、胡椒粉1/4小匙

(二)水3大匙、太白粉1大匙

(三)烏醋、麻油各1大匙、沙茶醬2小匙

做法

一香菇泡軟洗淨去蒂切絲，大白菜洗淨切塊，金針菇去頭洗淨，胡蘿蔔洗淨切片，木耳洗淨去蒂切絲備用。

二鍋熱入油3大匙燒熱，入香菇絲、蔥段、薑絲爆香，續入大白菜炒軟，隨即入(一)料煮開，再入金針菇、木耳、胡蘿蔔，改以小火煮20分鐘，以(二)料勾芡，最後入(三)料拌勻並撒上香菜末即可。

假如你接受特定的社會補助，
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有資格享用的 Verizon Lifeline Telephone Assistance 居民，在付他們每個月的電話帳單時能獲得折扣。每戶只限一條電話適用本計劃。

Link-Up America 計劃是於地方電話服務中給予新裝普通電話線的客戶百分之五十的減價優惠(最高減免不得超過\$30)。

上述的優惠計劃對接受以下任何一項社會福利者皆適用：

- Temporary Assistance for Needy Families 貧戶臨時補助金
- Emergency Aid to the Elderly, Disabled and Children 麻州政府緊急援助金
- Supplemental Security Income 生活補助金
- MassHealth (Medicaid) 麻州醫藥卡
- Food Stamp Benefits 糧食卷
- Fuel Assistance 燃料補助

符合 Verizon Lifeline Telephone Assistance 或 Link-Up America 計劃的申請人資格需經過渡補助部 (Department of Transitional Assistance)、醫療補助部 (Division of Medical Assistance) 或麻州燃料補助辦事處 (Massachusetts Office of Fuel Assistance) 審核。如果你符合上述條件或需其他諮詢，請於週一至週五上午八時至下午六時，打以下電話向 Verizon 客戶服務部門 諮詢 1-800-870-9999。

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麻州禁同性結婚判違憲

州最高法院限議會一百八十天內設法開禁
密朗尼不贊同 布希誓捍衛一夫一妻制

麻州最高法院十一月十八日以四票對三票裁決麻州禁止同性結婚違憲，並限令州議會在一百八十天內研擬出准許同性結婚的辦法。

這項決議引起贊同反對兩方激烈反應。正在英國訪問的布殊總統立即發表聲明譴責這項裁決，並矢言與國會領袖合作採取法律途徑，以捍衛一男一女婚姻的神聖機制。

這項事件起源於兩千零一年，州政府不接受七對同性戀者的結婚申請，而這些同性戀者進而向法院控告州政府。如今該法院還是並未簽發結婚執照給控告麻州的七對同性戀者，而把有關問題交給州議會處理。麻州議會若通過法案給同性戀者合法結婚權利，該州將成為美國第一個允許同性婚姻合法化的州。

裁決書說：「要不要結婚、與誰結婚、如何表示性親暱關係，以及是否成家、怎麼成家，是個人最基本權利與正當法律程序之一。而個人自由與安全的關鍵，是法律給予在相同情況下的每個人同樣保障。」

它說：「禁止同性戀者獲得『公民婚姻』(civic marriage) 賦予的保護、福利和義務，是硬性剝奪他們與另外一個同性者建立親密、互許終身的權利，而婚姻是我們社會最珍貴的制度……」

此裁決對原已呈激化的同性戀權益爭議如火上加油，共和黨籍的麻州州長羅穆尼，矢言推動州憲修正案，明文禁止同性結婚。

全國同性戀者則視為一項勝利，同性戀者權益組織婚姻計畫主任巴克爾說，該組織現在將致力於「逐州」(state by state) 推動同性婚姻。

此裁決給州議會一百八十天解決同性結婚問題，因此同性戀者最早要到明年春天才可能在麻州合法結婚。

但是，七對原告之一的葛羅麗雅·貝利和琳達·戴維斯已決定明年六月結婚，貝利在記者會激動地展示訂婚戒指，說：「這是我們最快樂的一天。」

儘管麻州最高法院如此裁決，同性結婚在聯邦法律下還是無法享受異性婚姻得到的稅務、健保和退休福利。前總統柯林頓一九九六年簽署的婚姻保護法(Defense of Marriage Act) 規定婚姻是一男一女結合，而且，一州不必承認他州通過的同性婚姻法律。

亞裔社區對同性戀婚姻的看法

波士頓華埠社區中心
行政主任
David Moy

「我有許多朋友是同性戀，我非常贊同他們能透過法律給彼此一個承諾，建立一般男女的婚姻關係。就我個人觀點而言，同性戀不是一個問題。」

亞裔青年核心服務計劃
(Boston Asian Youth
Essential Service,
簡稱YES)
Jane Leung

「我支持任何一個能讓一群人愉快、擁有一個有意義的關係，且讓他們有法律保障。我不認為同性戀婚姻有什麼問題。讓他們自由選擇他們的生活模式吧！」

亞裔青年組織

舢舨廣告效果最好，佳惠社區一舉兩得

『舢舨雙語雙週刊』是紐英崙地區唯一的中英雙語報紙，出版日期為每個月的第一個和第三個星期五。它提供紐英崙地區第一代及第二代新移民有關社區新聞、法律制度、個人理財、衛生保健等常識，目標在成為新移民踏入主流社會的橋樑。

歡迎投稿或提意見

投稿請寄：Sampan Editor, 200 Tremont Street, Boston, MA 02116
或傳真至 617-482-2316。電子信箱：anita@aaca-boston.org or englisheditor@aaca-boston.org

(Asian American)
Sophia Kim

「我想這是一件非常好的事情。我認為人們要選擇那一個性別、那一個人為他們的終身伴侶是他們的自由。」

華埠社區議會協調員
梅錫銳

「我不贊同同性戀結婚。我認為婚姻關係由一男一女組成，這個原則不能被打破。婚姻的男女夫婦關係的意義非凡，不容被改變。然而，對於同性戀要一起買房子、共同居住、領養小孩，我沒有意見。」

華埠華人佈道會主任牧師
陳卓明

「就先不論基督教信仰。一般社會如亞洲、非洲、美洲許多國家的人民都無法接受同性戀婚姻合理化。就人種多元化、接納性高的美國夏威夷州，同性戀婚姻至今仍未被夏威夷居民、政府組織所接受。人類幾千年有文獻的歷史中，也未見同性戀婚姻在社會被接受。可見人類天性仍不贊同同性戀婚姻。」

陳牧師：「而許多人認為同性戀傾向是反自然的，其實反自然的是同性戀傾向。」

The Chinatown
Leather District Central Artery Advisory Committee
The Boston Redevelopment Authority
The Massachusetts Turnpike Authority

Jointly invite you to a

Public Meeting
on Parcel 24
(Chinatown/Leather District)

Monday, November 24, 2003
6:00 - 8:00 PM

St. James Church, 125 Harrison Avenue

The Chinatown/Leather District Central Artery Advisory Committee will be advising the Massachusetts Turnpike Authority and the City of Boston on the development guidelines for the Request for Proposals for the development of Parcel 24, located east of Hudson Street and south of Kneeland Street in the Chinatown/Leather District neighborhoods. This meeting will continue further detailed discussions on massing scenarios.

Cantonese translation will be provided.

For more information, contact Stephanie Fan, Chinatown Co-chair, at 617.357.7079 or David Seeley, Leather District Co-chair, at seeley@daveseeley.com.

舢舨

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社區簡訊

華美福利會繼今年四月舉行大型法律講座得到社區民衆的共襄盛舉。將再於十二月三日(星期三)舉辦兩個講座,分別爲:移民入籍講座(上午十一時至十二時);創業講座(十二時至一時)。報名請電617-426-9492內線212鄧小姐。

華美福利會「英語進階課程」現在招生,爲中至高等英語程度之學生所設,有興趣者請於以下日期到華埠天滿街參加編班考試:十二月一日(星期一)及一月五日(星期一)。考試於上午九點開始,爲時兩個半小時,請勿遲到。查詢電話617-426-9492內線212鄧小姐。

塔茨茨/新英格蘭醫療中心腎臟病高血壓中心和麻州國家腎臟病基金會,將於十一月二十二日中午十二時半至下午四時半,假波士頓華埠社區中心(BCC)聯合提供高血壓和腎臟病免費檢查。

主辦單位表示,如果民衆有糖尿病或高血壓,或者父母、祖父母、兄弟姐妹患有高血壓、糖尿病,或者慢性腎臟疾病,那麼罹患腎臟疾病的危險性就比較高。他們歡迎民衆前往參加免費血壓和體重測量,並填寫簡短的問卷。如果屬於腎臟病高發人群,他們將免費檢查血液及尿液,並可與醫師討論檢查結果,將提供翻譯。詳情請電(800)542-4001,與國家腎臟病基金會專案管理Andrea Savitsky聯絡,或洽新英格蘭醫療中心亞裔服務部主任胡麗芳(617)636-6372。

隨著感恩節和聖誕節的腳步接近,昆士市大西洋社區協會(Atlantic Neighborhood Association)將提供有需要的家庭節日禮物。凡是居住在北昆士市,地址郵遞區號爲02171的家庭就有機會領取禮物。名額有限,該協會也歡迎民衆致電告知哪些家庭有此需求,查詢或索取可電(617)472-3877,或電郵folatone@aol.com。

由哈佛大學燕京學社、哈佛中國文化工作坊、劍橋新語社贊助主辦的「中國文化研討會第十八屆年會」,將於十一月二十二日(星期六)上午九時至下午六時,在哈佛大學燕京圖書館禮堂舉行。以「現代性與本土化」爲主題的這場研討會將分三階段,由十二名學者擔任演講,討論法治與公民社會、文藝與傳媒、以及科技與教育等有關問題。

根據研討會主辦單位擬定的活動計畫,研討會將於上午九時起開始,哈佛燕京圖書館館長鄭尚文、哈佛大學東亞系教授趙如蘭、哈佛大學東亞系語言組主任馮勝利等將做開場致辭。九時十五分至十一時舉行的「法治與公民社會」研討會,由哈佛燕京學社社長東亞系教授杜維明主持,主講人包括清華大學教授「哈佛燕京訪問學者」秦暉、北大法律系教授「哈佛燕京訪問學者」張駿、台北中央研究院研究員「哈佛燕京訪問學者」劉斐政、北大社會系教授「哈佛燕京訪問學者」張靜,以及華南師範大學教授「哈佛燕京訪問學者」陳曉平。

上午十一時至下午十二時三十分舉行的「文藝與傳媒」座談會,將由哈佛大學藝術史系及建築系教授汪悅進主持。主講人包括哈佛大學東亞系教授周成蔭、北京作家「愛荷華大學訪問學者」余華、南京大學文獻情報系教授「哈佛燕京訪問學者」張志強,以及北大漢學研究所所長教授「哈佛燕京訪問學者」朱青生。

下午一時至三時三十分的「科技與教育」座談會將於劍橋新語社禮堂舉行,主講人包括EO工程公司總裁蔣宗王、麻省理工學院土木環境工程系趙文光,及波士頓大學教育學院的吳晉婷。下午四時至五時,有哈佛燕京學社黃萬盛主持的討論會。會後並有茶敘。研討會以中文舉行,免費進場,查詢可洽張鳳(781)-237-4880(校)。

爲了協助泛藍聯盟在明年台灣總統大選中勝選,部分紐英倫僑學界人士發起籌組「全僑支持連宋勝選後援會」,並訂於十一月一日晚間六時假華埠帝苑大酒樓舉辦「連宋後援會成立大會暨造勢餐會」。主辦單位歡迎各界人士踴躍參加。

主辦單位表示,爲了「捍衛中華民國,找回台灣幸福」,在明年二月二十日中華民國第十一屆總統、副總統選舉中,泛藍聯盟一定要獲勝、奪回政權,才能保住中華民國的繼續存在,才能找回台灣昔日的幸福。因此他們發起籌

組「全僑支持連宋勝選後援會」,希望僑胞能支持、助選、輔選連宋兩人勝選中華民國第十一屆總統、副總統大選。

主辦單位於日前舉辦籌備會議,決定於十一月一日晚間假帝苑大酒樓舉辦連宋後援會成立大會暨造勢餐會,並將邀請中國國民黨、親民黨及新黨指派高級幹部列席並發表演講。主辦單位表示該活動經費以發售獎券、自給自足爲主,餐費每桌二百五十元。造勢晚會中備有卡拉OK、歌舞、抽獎等餘興節目,獎品包括有大型電視、DVD、各式電器用品,還有現金獎等等。

主辦單位歡迎凡熱愛中華民國,關心台灣同胞生活的僑胞,不分省籍、族群、黨派、性別、宗教等人士皆可前往參加。訂桌可洽陳毓禮(617)426-7449、余麗瑛(617)338-6868。

全僑民主和平聯盟波士頓支盟及波士頓台灣同鄉會將於十一月三十日(星期日)晚間,假波士頓台灣基督教會(15 Blin Street, Framingham)舉辦「公投論壇」活動,中華民國駐美經濟文化代表處副代表蔡明憲將受邀擔任主講人。主辦單位表示,當日活動將於下午五時開始,與會者報到之後,可在五時三十分於該教堂 Fellowship Room 用餐,一小時的演講於餐後六時開始,演講後並有觀衆問答,和交流時間,活動預計在晚間十時結束。

活動收費十元。爲了便於準備餐點,主辦單位請欲參加者事先註冊報名。報名截止日期爲十一月二十六日。報名可洽曾雅秀:(781)937-8888、蔡宜君(781)338-3885、李勤岸(781)646-0556、林海倫(617)872-6168等。

舢舨

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MASSACHUSETTS BAY TRANSPORTATION AUTHORITY
TRANSPORTATION BUILDING
10 PARK PLAZA
BOSTON, MASSACHUSETTS 02116-3975

NOTICE TO BIDDERS

Sealed bids for MBTA Contract No. E02CN23, SOUTH STATION FINISHES RE-ADVERTISEMENT, BOSTON, MASSACHUSETTS (CLASS - 1, General Transit Construction, Project Value - \$9,795,908.00) - will be received by the Deputy Director of Design and Construction, Contracts, at the Contract Administration Office, 5th Floor, Room 5610, Transportation Building, 10 Park Plaza, Boston, Massachusetts, 02116-3975, until two o'clock (2:00 p.m.) on December 16, 2003. Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

This project shall consist of providing finishes to the MBTA Silverline and Redline station areas at the South Station transit facility located in Boston, Massachusetts. Work includes the installation of new surface finishes at walls, floors, stairs and columns, new ceilings and light fixtures, and the relocation of certain existing elements in order to provide for the new work as well as selective demolition throughout the station areas. Additionally, the four existing station kiosks at Dewey Square shall be removed and replaced along with two new elevator head houses. The project shall also provide for the installation of bird control devices and glass block fenestration at the MBTA World Trade Center Station located in Boston, Massachusetts.

This Contract is subject to a financial assistance Contract between the MBTA and the Federal Transit Administration of U.S. Department of Transportation. FTA Participation 80 percent.

Each prospective bidder proposing to bid on this project must be pre-qualified in accordance with the Authority's "Procedures Governing Classification and Rating of Prospective Bidders." Copies may be obtained from the Contract Administration Office at the above address. Requests for prequalification for this Project will not be accepted by the Authority after the tenth (10th) day preceding the date set for the opening of bids.

Each prospective bidder must also comply with additional prequalification referred to in Paragraph 1.12, Competency of Bidders, in the Instructions to Bidders

Pre-qualified bidders may obtain from the Contract Administration Office a "Request for Bid Form" which must be properly filled out and submitted for approval.

Bidding documents may be obtained from the Contract Administration Office at the address above from 8:30 a.m. to 4:00 p.m., beginning on November 13, 2003 Monday through Friday, at a charge of \$200.00 per copy. The Authority's STANDARD SPECIFICATIONS, BIDDING AND CONTRACT REQUIREMENTS AND DIVISION 1 - GENERAL REQUIREMENTS dated November 1983, is available at a charge of \$5.00 per copy. Authority's STANDARD SPECIFICATION, CONSTRUCTION, dated January 1980, is available at a charge of \$15.00 per copy. Bidding documents will be sent upon request and receipt of an additional fee of \$15.00, payable by separate check. The MBTA Controlled Insurance Program (Wrap-up Insurance) Manual is available in one (1) separate volume at a charge of \$10.00 per copy, payable by separate check. Bidding documents will be sent upon request and receipt of an additional fee of \$30.00, payable by separate check. Bidding documents will be forwarded by AirFreight, where such service is available, at the expense of the plan holder. NONE OF THESE CHARGES ARE REFUNDABLE.

Bidders attention is directed to Appendix 1, Notice of Requirement for Affirmative Action to Insure Equal Employment Opportunity; and to Appendix 2, Supplemental Equal Employment Opportunity, Anti-Discrimination, and Affirmative Action Program in the specifications. In addition, pursuant to the requirements of Appendix 3, Disadvantaged Business Enterprise (DBE) Participation Provision, Bidders must submit an assurance with their Bids that they will make sufficient and reasonable efforts to meet the stated DBE goal of 17 percent.

Bidders will affirmatively ensure that in regard to any contract entered into pursuant to this solicitation, minority and female construction contractors will be afforded full opportunity to submit Bids and will not be discriminated against on the grounds of race, color, religion, sex, age, or national origin in consideration for an award.

Bidders will be required to comply with Federal Equal Employment Opportunity Regulations and the President's Executive Order No. 11246 and any amendments or supplements thereto.

Authorization for the Bidders to view the site of the work on the MBTA's property shall be obtained from the Project Manager, Mr. Scott Kelley, MBTA Design & Construction, 500 Arborway, Jamaica Plain, MA 02130, Tel. No. 617-222-4558. The Authority will conduct an inspection tour of the site on November 24, 2003. Bidders are requested to be present in front of South Station at Atlantic Avenue and Summer Street, Boston Massachusetts, at 10:00 a.m. to participate in the tour. Bidders are advised that they should have representation at this tour as no extra visits are planned.

A prebid conference will be held on November 25, 2003 at 10:00 a.m. at the office of Mr. Scott Kelley, MBTA Design & Construction, 500 Arborway, Jamaica Plain, MA 02130, Tel. No. 617-222-4558. Any request for interpretation of the Plans and Specifications should be submitted in writing at the same time.

Bidders will be required to certify as part of their bids that they are able to furnish labor that can work in harmony with all other elements of labor employed or to be employed on the work.

This Contract is subject to Federal wage and hourly laws and minimum State wage rates as well as all other applicable labor laws.

Bidders are advised that the "Buy America" provisions of the Surface Transportation Assistance Act of 1982 (Pub. L. 97-424) as amended, apply to any Contract, procurement or agreement which results from this solicitation.

Bid Guaranty shall consist of a bid deposit in the amount of five (5) percent of the value of the bid, in the form of a bid bond, cash, certified check, treasurer's or cashier's check.

The successful Bidder shall be required to furnish a Performance Bond and a Labor and Materials Payment Bond each for the full amount of the Contract price.

The Authority reserves the right to reject any or all Bids, to waive informalities, to advertise for new Bids or proceed to do the work otherwise, as may be deemed to be in the best interests of the Authority.

This information may be viewed at the MBTA website:

http://www.mbta.com/business_t/bidsolicit.asp/

MASSACHUSETTS BAY TRANSPORTATION AUTHORITY

Date: Nov. 10, 2003

By: Daniel A. Grabauskas
Secretary and MBTA Chairman

Michael M. Mulhern
General Manager

團體 ACE (Alternative Alternatives for Community and Environment) 在五月二十日呈遞了一份文件表示, 若這個反恐生化實驗室計劃往前進行, 就要採取法律中訴行動。

南端居民 Helaine Simmonds 居住在反恐生化實驗室預定地不遠的地方, 他表示, 「我不明白為什麼他們要把這個危險級數高的實驗室蓋在人口稠密區, 而不是在波士頓港口的島嶼上」。

一些市議員要呈遞反對這個實驗室成立的律令。許多反對居民也組織籌劃反對行動。市議員 Felix Arroyo 也對這

個計劃可能開高危險性的生化實驗室設立在人口密集區開先例。他和其他的市議員 Chuck Yumer 及 Maura Hennigan 支持反對這項計劃的律令。

波士頓醫學中心是否會開先例? 根據異議分子表示, 這項計劃將為反恐實驗室興建在人口稠密區開先例。ACE 表示, 在這個計劃之前, 還沒有任何安全第四等的實驗室建立在人口密集區。

然而波士頓市長曼寧諾表示, 「安全第四等的實驗室未曾蓋在人口稠密區是不正確的資訊。喬治亞州的安全第四

舢舨




等的實驗室「美國疾病控制中心」是在人口密集區。」

然而舢舨打電話到美國疾病控制中心附近的大學, 接電話的人學務人員表示, 「美國疾病控制中心不在市區。而是在幽靜的郊區。」



(德州安全指數第四等的生化研究中心位於郊區的外觀)

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反恐生化實驗室帶來社區利益還是生化危機？

伊波拉病毒及其他致命的病原體將駐進南端 它們一定要在市區內被研究嗎？

史亞當採訪報導 張孟鈞翻譯

反恐生化實驗室將興建在南端

伊波拉病毒及其他致命的病原體將駐進南端的波士頓大學醫學中心的生化研究室。這座將成立的實驗室是美國境內少數安全指數第四級的實驗室（安全指數等級數字越大，危險性越高），這表是危險性高的病原體如伊波拉病毒，將會在此被研究。根據世界衛生組織的數據，若人體被伊波拉病毒感染，將會產生體內及體外出血，且甚可能導致死亡。

，這個計劃得到那些領導緊急傳染疾病防護的哈佛大學、麻州大學及其附屬的學術醫療中心支持。波士頓大學醫學中心的實驗室正努力發展為因應傳染疾病的預防疫苗及治療方法。

贊同者表示：國內現存的同等級實驗室未曾有病原體意外溢出

根據國家過敏及遺傳病研究機構(National Institute of Allergy and Infectious Diseases, 簡稱NIAID)表示，

目前在美國有三座安全指數第四等的實驗室，它們分別座落在喬治亞州、馬里蘭州的希馳克萊軍事基地(Fort Detrick)及德州聖安東尼。

(美國疾病防治中心CDC研究室工作人員研究病毒的狀況)

反恐實驗室引起眾人恐慌
在知道那些高危險性的病原體將在波士頓大學的醫學院被研究後，許多人紛紛發出反對的聲音。這些反對的人包括部分波士頓市議員、市區居民及社區活躍份子。他們表示，「這樣高危險等級的實驗室不該蓋在像南端這樣的人口密集區。南端每平方英里約居住有兩萬八千人，緊鄰的兩個社區也是人口密集的華埠和Roxbury。」

贊同者：帶來數目大的聯邦預算及工作機會

贊同成立此座實驗室的人卻覺得「地點」和「人口密度」都不是問題。而成立這個反恐生化實驗室是極為必要的。波士頓大學醫學中心聲稱：社區想要這個實驗室波士頓大學醫學中心表示居民想要這個實驗室。波士頓大學醫學中心的發言人Ellen Berlin表示，「我們有來自居民、商家及社區團體及民意代表的大量支持。這些支持者都瞭解這個實驗室的重要性。」

波士頓市長曼寧諾、麻州州長密朗尼及部分市議員表示，希望這個實驗室座落在波士頓市。這些贊同者指出，「一億兩千萬美元的聯邦預算、營建工作機會、研究工作及學術發展將隨這個實驗室的成立而來。」

Ellen Berlin繼續表示，「在地方上



近期，國家過敏及遺傳病研究機構收款給波士頓醫學中心及德州另一個研究單位，以作為成立安全指數第四等的實驗室。波士頓醫學中心將利用這個經費在南端，所謂的生化廣場(BioSquare)興建本文所討論的安全指數第四等反恐生化實驗室。

座落在德州聖安東尼市郊、擁有安全指數第四級之實驗室的西南生化醫學研究基金(Southwest Foundation for

Biomedical Research)的發言人Julie Collins表示，「安全第四級的實驗室在這個國家是最安全的，他們都經過良好的設計規劃。並沒有任何不該從這些實驗室流出的物質真得流出了。」

Collins指明，「這些實驗室的安全性是毋庸置疑的。」當被問到這些安全第四級的實驗室的病原體，是否仍有可能意外溢出呢？德州實驗室的病毒學及免疫學部門主任Jean Patterson博士表示，「自有這些實驗室開始，就不會有病原體意外溢出。這是我們目前可以作為安全憑據的。」

贊成學者：恐怖份子若要炸掉這個實驗室，病原體也會跟著被炸掉，不會存留
假如這個安全第四級的實驗室成為恐怖份子攻擊的對象，後果會如何？Patterson博士表示，「不知道恐怖份子會有什麼行動。我們是在從事基礎醫學的研究。假如他們把我們炸掉，他們也會把病原體一同炸掉。這些病原體在恐怖份子爆炸攻擊中不可能生存。」

當問及將致命的、無藥可醫的病原體帶到波士頓市的危險性有多高時，Patterson博士表示，真正的危險多是發生在運送病原體的過程，如運送人員感染如SARS非典型肺炎。

波士頓大學醫學院發言人Ellen Berlin表示，「沒有任何有關病原體從安全第四等的實驗室流出。這些實驗室的設備都是非常安全的。」

反對專家：同等級的實驗室未有意外發生是一派胡言
然而反對波士頓大學醫學中心興建安全第四等生化實驗室的人質疑，這樣一個研究高危險病原體的實驗室不需要蓋在城市裡面吧！居住在緬因州的生物戰學家Meryl Nass博士表示，「我覺得

將安全第四等的反恐生化實驗室興建在人口稠密的南端，是極為愚蠢的事情。
在過去的十五年，Nass博士多次在美國國會的公聽會中見證生化武器的危險性，並寫了相關的論文發表。

Nass博士表示，「要讓一個傳染病發生很簡單。」他說，「福特迪屈克的實驗室裡有一名研究員感染了他自己所研究的一種疾病。他原先並不知道，後來才因身體不適前往社區醫院治療。慶幸的是他沒有將這個疾病傳染給其他的同事，否則後果不堪設想。」

Nass博士表示，「想想看，你得到一個惡劣的疾病，來到社區醫院治療。然後在不知情的情況下將疾病傳染給他人。這是多麼恐怖！」
回應贊同者所謂的安全第四等的實驗室未曾有意外發生的紀錄，Nass博士表示，「當他們告訴你實驗室從未有意外發生，實在是一派胡言。」

一個實例是一位工作人員意外地吸入炭疽病毒，且被感染重症。Nass博士說，「我會稱以上的事件是一個意外。」另一個實例是，一個年輕的女性在解讀小實驗瓶的數據時，不小心將安波拉病毒刺進自己體內。更令人心驚的實例是在一九八八年，福特迪屈克實驗室工作的Neil Levitt博士發現裝有Chikungunya的七十個實驗瓶突然失蹤了。

反對在南端興建反恐生化實驗室的責任遺傳學會議的執行主任Siyahha Byravan博士，「他們所說的是沒有污染事件發生，但是卻有工作人員意外感染疾病和有病原體的實驗瓶突然消失。」

增加安全第四等的實驗室數目，就是增加危險意外發生的幾率

分子生物學家Byravan博士表示，「增加安全第四等的實驗室數目，就是增加危險意外發生的幾率。」在福特迪屈克實驗室工作了十七年的病毒學家博士表示，「我們所研究的有機病原，目前都沒有治療方法。」

「轟炸」不是恐怖份子唯一會作的事
一九八八年在國會公聽會中見證生化戰爭之危險性的Levitt博士，不否定Patterson博士所言，實驗室若被炸掉病原體也會跟著一起被炸掉。這個說辭，「這個論調理論上是對的。但是，『轟炸』不是恐怖份子唯一會作的事。」

人為疏失及機械錯誤所造成的後果不堪設想

Levitt博士表示，「裝有劇毒病原體的實驗瓶，可能會被帶出實驗室且被誤用。」但是，這還不是他真正擔心的，「我真正擔心的人為疏失及機械錯誤所造成的悲劇。」

一個為Levitt博士所親身經歷的機械錯誤的意外發生在二十年前，一個在將病原體推進建築物的真空系統突停止作用。雖然那次的意外事件最後化險為宜，但是同樣的機械故障能有可能導致病原體流落到外界。

另一個危機：運送過程會有人被感染的危險

運送供實驗用的病原體最常見的媒介是聯邦快遞(Federal Express)及美國運通(UPS)。Byravan博士表示，從一個地點運送到另一個地點的這個過程仍是非常危險的。今年年初，一個裝有西尼羅病毒的包裹透過聯邦快遞運送，卻

(南端民眾在公聽會中表達對反恐生化實驗室的不安)



在俄亥俄州到哥倫比亞國際機場外泄。根據辛辛那提季刊報導，那次的西尼羅病毒外瀉事件導致機場五十為工作人員被疏散。

Nass博士也表示，「一個實驗室的安保保證也有待於實驗室的工作人員的專業水平及修養。你可以帶一個手提包走進實驗室，將某個東西放進去再帶出來。」她說，「一公克的病菌也能對身體造成危害。進而把這個疾病傳染給其他人。」

對於將這座反恐實驗室建在南端的意見，Nass博士表明，「你可以將這樣等級的反恐實驗室建立在亞利桑那州的沙漠。我個人非常不贊同將實驗室蓋在人口密集的波士頓。」

社區真的贊同嗎？

在宣布波士頓大學醫學中心得到這項設立反恐生化實驗室經費的新聞稿中，麻州州長密朗尼表示，「這個計劃帶來工作及經濟提升。這項計劃也提升麻州為生化科技的領導地位。它能帶來一千三百個營建工作及六百六十個永久工作職位，及無數的社區商業及居住發展機會。」

另外，僅管前文我們提到波士頓大學醫學中心發言人Ellen Berlin所宣稱的：支持者眾。社區對這個反恐生化實驗室的成立似乎不是很開心。這個現象可以從上個星期重建局在南端舉行之公聽會可見一般。

在這個星期市府重建局於南端所舉辦針對生化廣場之市區計劃的公聽會，許多出席者發表不同意的論述。許多人當場表明對那些致命的、無藥可醫的病原體在自己住宅附近被研究表示擔憂。一位女士在上週的公聽會中表示，「我不明白為什麼這個實驗室要興建這裡。沒有這個實驗室，我們這個社區的各方面發展同樣進行。」

一位男士在公聽會中表示，「我雖不是生化專家。但是要讓這樣等級的反恐實驗室在這個社區建立，實在讓我很不心安。」

一個以Roxbury為基地的法律支持

亞裔青少年的肥胖問題

源與能力來實行此計劃。

亞裔就不會肥胖嗎！來自北卡大學教堂山分校的Barry M. Popkin不那麼認為。Popkin與他的同僚進行了一項大規模及長期的研究來調查美國各民族的入口肥胖趨向。

這項研究顯示出有百分之二十點六的亞裔青少年過於肥胖。Popkin更在亞裔人口中分層調查，Popkin發現韓裔、日裔、東南亞裔，和南亞裔的美國青少年肥胖的普遍率比非律賓裔和華裔較高。

這項研究還指出，男性和在美國出生的亞裔有較高的肥胖趨向。新一代在美國出生的亞裔青少年的肥胖率是上一代的兩倍，多數是因為文化適應的關係。美國出生的亞裔青少年比較不會餐餐吃傳統式的東方食物，而且也不太活潑好動。

為什麼兒童的肥胖問題那麼重要？國家健康學會指出，兒童時期的過度肥胖不只影響孩童的健康而且更是孩童長大後的肥胖的淺在因素。肥胖的兒童比正常體重的兒童更容易得以下病症：哮喘、糖尿病、高血壓、骨骼併發症、心理障礙，和睡眠呼吸暫停。而肥胖青少年於成年後得到心臟病的機率會更高。

怎樣來防禦兒童的肥胖呢？為了避免體重增加，孩子們的飲食要均衡，多食水果蔬菜而減少甜食及沒有營養的食物。他們需要減少靜態的活動，例如，減少看電視及打遊戲的時間。同時增加戶外活動的時間，例如，踩單車或增加球類活動。

孩子們需要建立一個健康的生活習慣來防止青少年期和成年期疾病的發生。相關新聞：以紐英倫醫院一塔夫茨大學亞裔健康首倡計劃在針對亞裔人士漸趨肥胖的情況，在五月所發出的建議書中有提出這個問題。此外，戒煙和戒賭亦值得得道經費支持得計劃。

在九月，以紐英倫醫院一塔夫茨大學很高興的宣佈它們將頒予兩個機構每年各五萬美元的經費，而此經費在三年之內可重訂。得此經費的機構分別是波士頓亞裔青年基本服務會(YES)和中國城王氏(WMCA)所得，所資助的主題都集中在青少年期肥胖的問題上。此項計劃的重點時針對青少年們肥胖的問題而設計出有關的教育性活動以提高青少年對肥胖問題的認知，以鼓勵多項體能活動。

以紐英倫醫院一塔夫茨大學的社區健康計畫部門的副主任Sherry Dong小姐表示說：「我們特別的期待YMCA和YES將會在未來的三年充分利用有限的資

參與不同的主題都是繼續營養知識，減肥問題所引起的疾病等的體能運動和課外活動。最後，推動健康生活方式最有效的方法是讓更多的青少年的朋友加入，接觸他們的父母和家人，鼓勵他們一同參與健康問題的討論和有關活動。

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時間：十一月二十二日，星期六下午十二點三十分至四點三十分。
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紐英倫地區唯一的中英雙語報——《舢舨》雙週刊將在2004年元月十六日(星期五)發行中國農曆新年特刊。此特刊的內容除時事社區報導外，還將包括：十二生肖的新年各月運勢、免費月曆、中國新年的習俗與禁忌、亞裔社區的新年回顧與展望及新年食譜等等。因內容豐富、有趣，《舢舨》新年特刊特別受亞裔社區的讀者所收集與珍藏。

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我們也歡迎社區團體民衆投稿，內容不拘。尤其新移民能將過去一年在生活中的奮鬥、心得與讀者分享、激勵其他人；社區團體能與讀者回顧過去一年如何組織群衆，爭取主流社會對少數族裔、弱勢團體的注意；特殊專業的人士、藝術創作者也歡迎與我們分享你在專門領域裡的經驗……。

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